

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the slide, framing the central white area.

# Infection Control Blood Borne Pathogens

Pines Behavioral Health

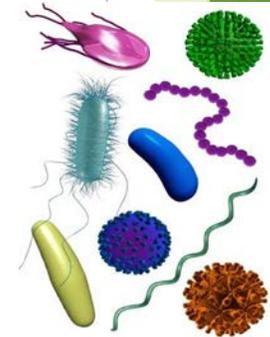
# Definition:

- ▶ Infection control is preventing the spread of germs that cause illness and infection. Infection control starts with understanding germs and how they are spread.



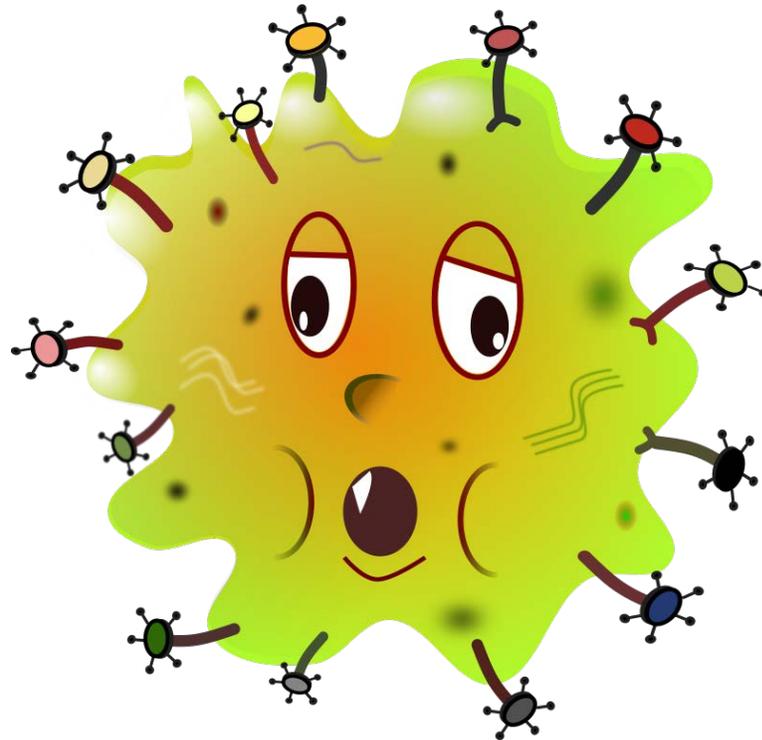
# Germs

- ▶ People come into contact with millions of germs / microorganisms each day. All germs need warmth, moisture, darkness and oxygen to live and grow. For example, certain germs or bacteria are needed for the digestion of food and for the elimination of waste (feces and urine) from our bodies. Some germs are harmful and cause infections, diseases and illnesses by rapidly multiplying and overwhelming the body's natural defenses. An infection can be local (in one area) like an infected cut. Or it can be systemic, throughout the whole body, like food poisoning or pneumonia.



# How germs are spread

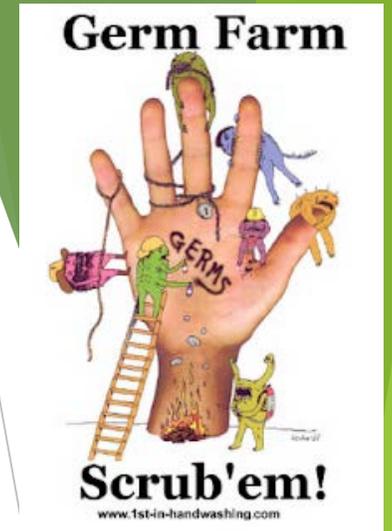
- ▶ Germs are spread in the environment in three ways:
  - ▶ Direct contact
  - ▶ Indirect contact
  - ▶ Droplet spread



# Direct Contact

Germes that are spread from one infected person to another

- ▶ Example: A person infected with a cold covers his cough using his hand and then touches another person before he has washed his hands.
- ▶ Example: Coming into contact with an open wound, blood or other body fluids that are contaminated



# Indirect contact



- ▶ Germs that are spread from one infected person to another through an object. Indirect contact is a common way for germs to spread between people who live work and play together.
  - ▶ Example: Germs from an infected person are transferred to an object that is then touched by another person
  - ▶ Example: Eating contaminated food, drinking contaminated water, handling soiled linens, equipment or using soiled utensils, dishes or cups.
- ▶ Some germs and viruses can live on surfaces for up to 10 days. The hepatitis B Virus can live in dried blood for 10 days and be spread indirectly.

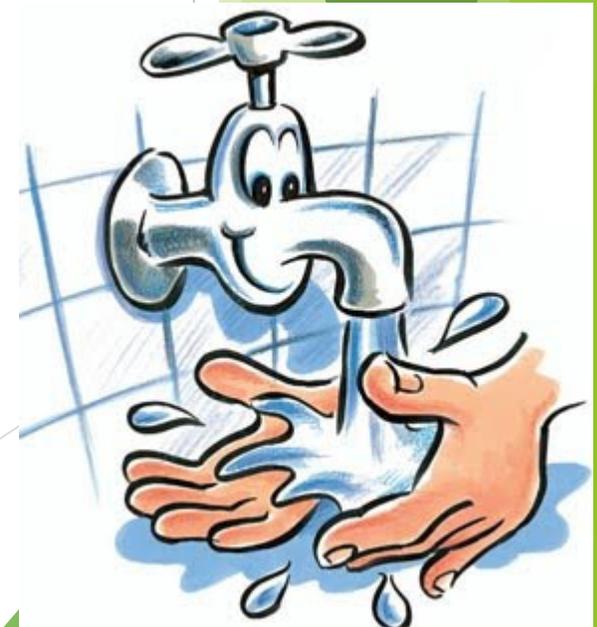
# Droplet Spread

- ▶ Germs are spread through the air from one infected person to another. The germs are airborne and are carried over short distances.
  - ▶ Example: When an infected person talks, coughs or sneezes, they are spreading germs through the air. The germs of the common cold, flu and even tuberculosis travel from one person to another by droplet spread.



# Controlling the spread of Germs

- ▶ Knowing how germs are spread is the first step in practicing infection control and preventing illness. Knowing how to control the spread of germs is the second step. You can protect yourself and the individuals with whom you work from contamination by doing the following:
  - ▶ Know and practice standard precautions outlined in the next section
  - ▶ Keep yourself, the individual and the environment clean
  - ▶ Be aware of the signs and symptoms of illness and infection
  - ▶ Accurately report to the physician and record them in the record



# Standard Precautions

To protect you and the individual you are working with from the spread of germs and infection. These are especially important to prevent the spread of blood-borne and other infectious diseases (AIDS, Hepatitis A,B and C)

- ▶ Hand Washing
- ▶ Using disposable Gloves
- ▶ Wearing personal protective equipment



# Standard Precautions

- ▶ You should use standard precautions when coming into contact with blood and all body fluids secretions and excretions (urine/ feces) -regardless if they contain visible blood. Also when touching mucus membranes such as the eyes, nose or dealing with skin breakdown or cuts.

1. Blood / blood products
2. Secretions
3. Vaginal secretions
4. Semen
5. Sputum
6. Excretions
7. Feces
8. Nasal secretions
9. Saliva
10. Urine
11. Vomit



# Hand washing

Frequent, thorough and vigorous hand washing will help in decreasing the spread of infection.

Germs are spread more frequently by hands and fingers than by any other means



# When to wash your hands

- ▶ When you arrive at work and before leaving
- ▶ Before:
  - ▶ Handling food
  - ▶ Handling medication
  - ▶ Handling kitchen utensils and equipment
  - ▶ Touching someone's skin that has cuts or sores
  - ▶ Before putting on disposable gloves
  - ▶ Before using the bathroom
- ▶ After:
  - ▶ Using the bathroom
  - ▶ Sneezing, coughing or blowing your nose
  - ▶ Touching your eyes, nose, mouth or other body parts
  - ▶ Touching bodily fluids or excretions
  - ▶ Touching someone's soiled clothes or linens
  - ▶ Taking off gloves



# Disposable Gloves

- ▶ Practicing standard precautions also includes wearing single use latex gloves whenever you come into contact with body fluid. (non latex gloves are available for people with latex allergies)
- ▶ Putting on gloves and removing them correctly is important in preventing the spread of germs and infection. Gloves should be used only one time and changed after each use. New gloves should be worn each time you work with a different individual. Used or contaminated gloves should be thrown away. Used gloves can spread germs between individuals and need to be disposed of properly.

# Gloves continued

- ▶ If body fluid or blood touches the skin - wash the area vigorously and thoroughly with soap and warm water. If the gloves tear or break, take them off and thoroughly wash your hands before putting on a new pair of gloves. Always wear gloves when assisting with:
  - ▶ Rectal or genital care
  - ▶ Tooth brushing or flossing
  - ▶ Shaving with a razor
  - ▶ Menstrual care
  - ▶ Bathing or showering
  - ▶ Cleaning bathrooms
  - ▶ Cleaning urine, feces, vomit or blood
  - ▶ Cleaning toilets, bedpans or urinals
  - ▶ Providing wound care
  - ▶ Handling soiled linens or clothes
  - ▶ Providing first aid
  - ▶ Disposing of waste

# Gloves

- ▶ Always use a new pair of gloves for each activity
- ▶ Always use a new pair of gloves for each individual
- ▶ Always wash your hands before and after using gloves
- ▶ Never wash gloves and reuse them.



# Handwashing

- ▶ Handwashing can easily dry out a person's skin so remember to use lotion or cream throughout the day. Best practice is to maintain short fingernails and avoid the use of artificial nails when providing person care. Many hospitals have banned artificial nails as they can harbor germs.
- ▶ Alcohol based hand rubs or hand sanitizers may also be used, they provide an alternative to handwashing for the following reasons:
  - ▶ Kill germs more effectively and more quickly than using soap and water
  - ▶ They are less damaging to the skin- less drying
  - ▶ They require less time than using soap and water
  - ▶ Bottles / dispensers can be placed at the point of care so they are accessible.



# Other protective equipment

- ▶ You may be expected to wear other Personal Protective Equipment (PPE) such as a face mask or eye shields.
- ▶ The type of PPE used will vary based on the level of precautions required. What to remember is to:
  - ▶ Keep your hands away from your face
  - ▶ Limit surface touches
  - ▶ Change gloves when torn or heavily contaminated
  - ▶ Perform hand hygiene

# PPE continued

- ▶ If you use PPE you should put it on in the following order:
  - ▶ Gown - fully cover torso from neck to knees, arms to end of wrist and wrap around back. Fasten in the back of neck and waist. This will protect from procedures likely to generate splashes or sprays. Remove a soiled gown as soon as possible and wash hands after.
  - ▶ Mask or respirator - secure ties or bands at back of head and neck fit flexible band to bridge of nose. It should fit snug to the face.
  - ▶ Goggles or Face Shield - place over face and eyes and adjust to fit. Should be worn during procedures that are likely to generate sprays or splashes.
  - ▶ Gloves- extend to cover wrist of isolation gown. You should use gloves when hands may become contaminated.

# Cleaning and Disinfecting

- ▶ Another way to prevent the spread of germs is thorough cleaning and disinfecting the environment. Employees should be careful not to transfer infection to others and equally important - the employee should be careful not to be infected by others. Routine daily cleaning of the household surfaces and other items with soap and water is effective for removing germs.
- ▶ Disinfection involves cleaning with soap and water and then rinsing with clear water. It can involve soaking the surface for several minutes with a cleaning solution and rinsing to kill germs.

A common cleaning solution is household bleach and water. It should be made fresh daily as it easily loses its effectiveness.



# Reducing the spread of infection

- ▶ Clean most surfaces with soap and water to remove germs
- ▶ Clean up spills from the less soiled to the most soiled to limit the spread of germs
- ▶ Handle soiled laundry as little as possible
- ▶ Wash soiled clothing and linens separately from other clothes
- ▶ Use paper towels throughout the house
- ▶ Use good handwashing practices
- ▶ Keep hands away from the face and other areas of the body
- ▶ Ensure use of customer's own toiletries (combs, brushes, razors and tooth brushes)

